

HOUSEKEEPING AS A PROFESSION

"Home economics stands for the utilization of the resources of modern science to improve the home life." — Ellen Richards

Court Decisions "Advertise" Undesirable Foods and Dangerous Drugs.

THE food law there is a clause stating that the findings of the court in food and drug cases shall be published. This was inserted in the belief that the educational feature of the law and the "bad advertising" that such publication would give to makers of impure and misbranded foods would be more of a deterrent than the fines imposed.

Unhappily, but few people, especially few women, ever see these notices of judgment.

They are interesting from many points of view, serving, as they do, as an index to the kinds of adulterations that are most frequently encountered. In the last bulletin issued, out of fifty notices of judgment eleven were cases of diluted acetic acid or distilled vinegar, which was sold for pure, fermented apple cider vinegar; eleven more were cases of tomato paste and pulp and conserves which had spoiled; seven cases related to pepper adulterated with pepper shells, one was a domestic macaroni, sold with a misleading label that would indicate it was imported, and six cases were brought on spoiled legums.

Three especially interesting patent medicines were included in this list and one mineral water, Crazy Mineral Wells, of Texas. This water was recommended for its laxative and diuretic qualities and was found to be polluted. Of the patent medicines, one was Down's Vegetable Balsamic Elixir, recommended as "The Great Remedy for Consumption," which was criticized in the judgment as a statement "in reckless and wanton disregard of its truth." Other diseases of the chest and lungs were also to be

remedied by this preparation, which contained opium and alcohol. Kopp's Baby's Friend, bearing on its label a confession that it contained sulphate of morphine and alleged to be a remedy or cure for cholera infantum and teething troubles, was also condemned and the product destroyed. Two cases were brought against this outrageous morphine-bearing product, one in Ohio and one in Illinois. Giving a habit-forming "dope" of this kind to a baby and labelling it "a baby's friend" is very nearly the acme of sardonic cruelty.

The insidious phrase on the bottle "The King of Baby Soothers—Health (sic)" for the baby means relief for the mother! should be interpreted—"Dope the baby to sleep; weaken it physically, mentally and morally for life, that the mother may be free from restraint."

Happily, such products must bear on their label the statement that they contain morphine and any conscientious, intelligent woman should find her protection in carefully reading the wrapper. The nursery maid, unhappily, may be less particular.

"Dr. White's Specialty for Diphtheria," also an "excellent remedy for coughs, colds or any affection of the throat," was condemned as containing no drugs that had any of the curative effects set forth. Since the antitoxin, taken in time, is almost sure to conquer this dread foe, the delay of reasonable treatment by the use of "Dr. White's Specialty for Diphtheria" would be little short of murder.

From time to time we shall review the notices of judgment issued, as the nature of the cases brought should be most suggestive to the family buyer of the sort of adulteration and misbranding that is to be looked for and avoided.

Reducing Gas and Electric Bills

HOW to reduce the bills for light and heating is a question in which everybody is interested. Here are several ways by which a considerable saving may be effected.

For instance, a change that will cut down your electric lighting bill two-thirds is to replace all carbon filament lamps with tungsten bulbs. The latter take one-third as much electricity to produce the same amount of light.

For the sake of the eyes be sure that the light is properly shaded and there is no glare. A frosted bulb diminishes the luminous intensity, diffuses the light better and gives a better lighted room.

For lights that burn all night, such as those in the hall and bathroom, use a holo lamp or attach a socket dimming device.

When using such appliances as electric irons, coffee percolators, etc., proper management will show a big saving in the electric bill. As a rule, an efficient electric iron need not be "on" for over half of the time it is in use. After it is once heated very hot disconnect the cord and continue ironing until it has cooled down too low for further work. Then connect the cord and heat very hot again. Following this procedure will give satisfactory service at highest economy. With other appliances disconnecting the cord before finishing with the device will save current and yet not affect the work, as usually there is enough stored heat to produce the desired results.

Reducing the gas bills depends almost entirely upon the individual, as there are very few devices that automatically save gas. Most gas appliances mainly require intelligent management in their use.

Fireless gas ranges, triplicate coils and heat distributors, plus such management, will prove gas savers.

A heat distributor replaces the usual grates of a gas range and gives the top the appearance of the coal stove with its lids. This device gives the range a broad, flat, sanitary cooking surface, increases the cooking capacity and saves gas by making it possible to cook two or more articles by one burner, as the heat is deflected backward, so that the rear of the top is also heated and cooking can be done on it.

In the use of gas it is important to have proper combustion. Incomplete combustion is not only a waste of money, but a menace to health—even to life. Connecting the gas range to a flue is a good method of carrying off unburned gases, but it is less essential if the gas is burned with just the proper quantity of air. The air is admitted by means of a small regulator at the base of each burner. When the proper mixture is obtained the flame will be blue, with a bluish green inner cone of sharply defined outline. Attention to obtaining proper combustion is a wise precaution and also an economy, as unburned gas is an absolute loss.

Learn to read your gas and electric meters. The company representative will instruct you in this matter. It is simple and useful knowledge that enables you to check up your monthly bill and to see how much electricity your "electric iron" takes or how much gas your oven consumes by reading the meter before and after using.

sweet butter. In fact, whole wheat bread with butter is one of the best of meat substitutes, and the prudent housekeeper will find it good economy to cut down the supply of meat in order to buy extra pounds of the very best butter with its nourishing properties and delicious flavor.

Macaroni, stuffed tomatoes and peppers, mock dressing, leaf aspic dishes and the delicious vegetable salads are merely suggestions for tempting summer dishes that will cut down the butcher's bill and build up the family health.

Recipes for a number of these summer dishes will be found following the menus arranged for the coming week.

Both bluefish and salmon are at their best during the summer months and the latter, although not an inexpensive variety of the fish family, can hardly be considered an extravagance when the fact is taken into consideration that nearly all of it is edible and there is no waste matter. The "left over" of both the fish dinners are utilized for the next day's luncheons, so as to eliminate waste, and keep the weekly budget well within a reasonable amount, while still providing the proper food values.

THE big Treasury Building at Washington, besides holding the wealth of the nation, boasts of a wonderful tea room. In equipment and supply it surpasses any other tea room in the country, for it is the laboratory of George F. Mitchell, the supervising tea examiner, who tests all of the tea for the United States. Here, surrounded by desks laden with documents and littered with tiny packages of tea, tall, roomy stacks of broad shelves filled with cans upon cans of tea, bookcases overflowing with literature on tea and tea legislation, Mr. Mitchell placidly sits at his round tea table, its outer edge rimmed with a row of delicate cups, and weighs, measures, brews and tastes the countless samples of tea that come to him for judgment.

"No, I am not going to tell you how to select good tea, for the simple reason that you cannot buy bad tea—that is, unwholesome, impure or injurious tea—in the United States," Mr. Mitchell answered a visitor's question. He continued:

"The trouble is not with the tea, for it is pretty good when you get it, but with the way it is made. Most people think they know how to brew tea, but they don't. Americans, taken as a nation, make the worst tea in the world. We get about ninety-eight million pounds yearly from the Orient, which is just about a pound to each person, and the most of that is ruined in its preparation for the table."

"Take your afternoon tea, for instance. In many cases the tea stands and stands and hot water is poured over the same leaves from time to time. That is all wrong. Such tea is an abomination and not fit to drink. "Tea to give forth the best that is in it—the caffeine and the least tannin, which is of no benefit, should be made in this way."

"Take an earthenware pot which has previously been scalded," he said. "Put into it an even teaspoonful of tea for every cup desired and an extra spoonful for the pot. Pour over it the requisite boiling water, which has been boiling for at least a minute. Let it stand for three minutes, neither more nor less, and then decant into another pot which has also been scalded, and serve."

Science of Brewing Tea.

"This formula was the result of more than 500 laboratory experiments, during which tea was steeped at variations of time from three minutes to an hour, and each result carefully analyzed. The three-minute steeping is the only method by which one obtains the most caffeine and the least tannin. After tea stands more than three minutes the tannin begins to draw out in excessive quantities. On the other hand, if the tea is not permitted to steep for three minutes, after the boiling water has been poured over it, it lacks the best that is in the leaves."

"Do you know," queried Mr. Mitchell impressively, "that of all of the articles of food which we use there is none so hedged about with protection as our tea? Well, that is the case. Uncle Sam has long had a vigilant eye upon the tea trade. More than thirty years ago, before the days of pure food laws, there were pure tea laws upon the statute books. And in 1897 the standards of tea were settled upon by law so that now it is next to

impossible to get either impure or adulterated tea into the country. "You see, while all tea leaves may be used to make tea, only the young leaves, the top of the plant—called the pekoe tip and the first few top leaves—are fit for making tea. To obtain the highest quality only the tip and the next two or three leaves are taken, the next three or four leaves also are plucked, but all of the lower leaves are too tough and lack the elements that we demand in all our standards of tea. The top leaves have the most of the caffeine; the tough lower leaves not only have an excess of the tannin but very little of the caffeine, and, as it is always the caffeine that makes the tea refreshing and stimulating as well as palatable, we do not want a tea that does not yield that quality."

"The quality of tea, which means flavor (a maximum degree of caffeine and a minimum degree of tannin), can only be determined by the 'cup test,' which is having the tea brewed and tasted by experienced tea-tasters. When a consignment of tea arrives samples are drawn and tested and analyzed before the tea is allowed to enter into commerce. While appearance is not taken into consideration by the examiners at all, it has counted for much in the opinion of the purchasing public, and often times tea is sold purely on its appearance. Importers, being aware of this, and of the popularity of green tea in this country, flooded the United States in past years with highly colored green tea, whose fresh grayish green tints were only obtained by liberal applications of various materials never intended to improve the quality of tea. Some of these were Prussian blue, indigo, turmeric, etc., and their presence could be detected only by careful chemical analysis. This lasted until Dr. Albert Read, of the Department of Agriculture, hit upon a much quicker and more equally dependable chemical test that is now universally used."

"A portion of the sample of tea is measured, put into a fine sieve and

Uncle Sam's Expert Tests Every Variety to See if It Comes Up to the Standard, and National Laws Protect Tea So Well That Bad Tea Cannot Be Bought Here.

By EDNA MARY COLMAN



Mr. Mitchell, Uncle Sam's star tea taster, making the cup that cheers.

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TEA CAUTIONS.

HERE is practically no nutrient in tea, though there are small amounts of mineral salts. The principal ingredients are caffeine, which stimulates the nerves; volatile oils, which give the flavor, and tannic acid, which retards the digestion. The Japanese have made a religious and esthetic ceremonial of tea drinking and, like the mineral waters, whose efficiency is found to depend largely on the change of scene and rest accompanying their drinking, the afternoon tea has its psychological as well as its physiological reasons for the pleasant results produced.

Like all beverages which refresh by stimulating, tea should be used with great discretion.

Less tea is used to the cup than in the case of coffee—one-half to one teaspoonful as compared to one tablespoonful. A mild cup of tea well made will not hurt a healthy person and, although the stimulating principle is the same, tea does not seem to have so direct or so pronounced an effect on the central nervous system as does coffee. Children, people with gastric troubles or those who are nervous should not drink tea.

Green tea contains much more tannic acid than black tea. Be sure it does not boil or stand on the leaves if you use it.

Hard or stale water does not make good tea. It should be freshly drawn and freshly boiled.

Boiling any tea is a crime. The caffeine is readily soluble and is quickly obtained in solution. Boiling or long standing on the leaves only results in more of the injurious tannic acid being extracted and spoils the flavor as well as making the beverage more harmful.

Meals All Planned for the Coming Week.

THESE menus are arranged with particular care as to the correct food values, a due measure of economy and the introduction of novel and tempting dishes not found in the average cook book.

All recipes have been tested by the writer,

VIRGINIA CARTER LEE.

and mince finely; add an equal quantity of shredded lettuce, six or seven chopped stuffed olives, one minced cucumber pickle and enough boiled dressing to form a paste. Spread between thinly buttered slices of whole wheat bread, remove the crusts and cut into circles. This filling is also delicious when used between warm baking powder biscuits that have been split open and buttered.

Fruit Compote.

Almost any kind of fruit may be used for this simple and delicious summer dessert. Berries, bits of pineapple, cubes of melons and sliced bananas being all excellent. Mix the fruit lightly together, sprinkle with powdered sugar, squeeze over it a little orange juice and stand on the ice for three or four hours to chill. When ready to serve, drain off some of the juice (this may be reserved for a fruit beverage or in the making of jelly or blanc mange); arrange in small sherbet glasses, pour over each one three tablespoonfuls of maraschino cordial and cover the top with a layer of shaved ice. Serve immediately before the ice melts.

Sliced Lamb Reheated in Venison Sauce.

This is probably one of the most delicious methods of serving cold lamb, and it is easily prepared in the chafin dish. Brown one tablespoonful of butter with half of a minced white onion; then blend in one tablespoonful of browned flour and gradually add one cupful and a half of strained stock. Cook, stirring constantly, until the sauce thickens and boils. Season to taste with salt and paprika, and flavor with half a teaspoonful of kitchen bouquet, two tablespoonfuls of tart currant jelly and one teaspoonful of Worcestershire sauce. When the jelly is dissolved, place the lamb slices in the sauce and serve as soon as they are heated through. Pour some of the sauce over each slice as served.

Ginger Ice Cream.

Prepare a pint of rich boiled custard from one pint of scalded milk, one tablespoonful of cornstarch, blended with a little cold water, a pinch of salt and two eggs that have been beaten with half a cupful of sugar. Cook, stirring frequently, until the custard coats

the back of the spoon, then remove from the fire, cool and flavor with one tablespoonful of lemon juice. Chill in the ice chest, fold in half a pint of stiffly whipped cream and pour into the freezer that has been packed with ice and rock salt. Freeze slowly and as the cream begins to congeal add one cupful and a half of chopped preserved ginger and a little of the thick syrup. Continue freezing until firm and smooth and repack in a metal mould. Be sure that the mould has a water-tight cover and bury in ice and salt for three hours before serving.

Golden Buck.

Cut into very small pieces half a pound of American cheese and add a tablespoonful of mustard, half a cupful of rich milk, salt and paprika to taste, one tablespoonful of butter and one teaspoonful of Worcestershire sauce. Turn the ingredients into a shallow saucepan and stir slowly until the cheese is melted and the whole is a smooth, creamy mass. Pour over crisp toast, less than a slice of hot toast and lay a neatly poached egg on each toast slice. Dust the yolks of the eggs lightly with black pepper and serve immediately.

Monday.

BREAKFAST.
Stewed Rhubarb with Raisins.
Steamed Herring.
Browned Hash with Green Peppers.
(From remnants of flank steak.)
Buttered Toast.
Coffee.

LUNCHEON.
Stuffed Eggs.
Potato Salad.
Thin Bread and Butter.
Iced Fruit Tea.
Cookies.

DINNER.
Bouillon in Cups.
Sweet corn (or hot onion cubes).
P. F. 2's with Dumplings.
Roasted Tomatoes.
Potato Balls.
Beef and Lettuce Salad.
Creme.
Cream Pie.

Tuesday.

BREAKFAST.
Uncooked Cereal with Pineapple.
Veal Kishka (from Pot Pie).
Bread Sticks.
Raisins.
Coffee.

LUNCHEON.
Mock Dressing Leaf.
Sliced Tomatoes.
Bread Sticks.
(Reheated).
Strawberries.

DINNER.
Cheese Canapes.
Baked Bluefish.
Riced Potatoes.
String Beans.
Cucumber Salad.
Strawberry Whip.

Wednesday.

BREAKFAST.
Cherries.
Moulded Cereal.
Shirred Eggs.
(With remnants of dressing leaf).
Graham Puffs.
Coffee.

LUNCHEON.
Bisque of Tomato Croustons.
(Last night's dinner) Fish Sandwiches.
Iced Grape Juice.
Banbury Tarts.

DINNER.
Clam Broth in Cups.
(From bottled clam juice).
Stuffed Forequarter of Lamb.
Mint Jelly.
Browned Potatoes.
Green Peas.
Fruit Compote.

Thursday.

BREAKFAST.
Strawberries.
Creamed Chipped Beef.
Rice Waffles.
Honey.
Coffee.

LUNCHEON.
Aspic Gelatine.
Brown Bread Toast.
Pineapple Blanc Mange.

DINNER.
Vegetable Soup (from lamb bones).
Sliced Lamb reheated in Venison Sauce (from last night's dinner).
Creamed Young Onions.
Mashed Potatoes.
Egg Salad.
Ginger Ice Cream.

Friday.

BREAKFAST.
Stewed Evaporated Apples.
Cornmeal Mush.
Broiled Liver and Bacon.
Cream Toast.
Coffee.

LUNCHEON.
Baked Stuffed Tomatoes (from last of the lamb).
Potato Souffle.
Rhubarb Marmalade.

DINNER.
Clear Soup with Macaroni.
Boiled Salmon, Egg Sauce.
Creamed Carrots and Peas.
Parsley Potatoes.
Romaine Salad.
Fruit Jelly.

Saturday.

BREAKFAST.
Shredded Oranges and Bananas.
Spanish Omelet.
Fried Mush.
Maple Syrup.
(Left from yesterday's breakfast).
Coffee.

LUNCHEON.
Salmon Cakes.
(From left-over salmon).
Sliced Cucumbers.
Individual Strawberry Fl. Cakes.

DINNER.
Southern Baked Ham.
Creamed Potatoes.
Spinach with Egg.
Vegetable Salad.
Cocoanut Custard Pie.

Sunday.

BREAKFAST.
Strawberries.
Uncooked Cereal.
Fish Cakes.
Tomato Sauce.
Watercress.
Raised Rusk.
Coffee.

LUNCHEON OR SUPPER.
Golden Buck.
Brown Bread.
Olives.
Stewed Cherries.
Angel Cake.

DINNER.
Cream of Corn Soup.
Roast Duck.
Currant Jelly.
Potato Puff.
Creamed Eggplant.
Fruit Salad.
Coffee Parfait.